

# INTERMITTENT FASTING SCHEDULE

Time Period	State	Recommended Intake
08:00 AM - 12:00 PM	<i>Fasting</i>	Water, Black Coffee, Plain Tea
12:00 PM - 01:00 PM	<b>Break Fast</b>	Protein-rich meal + healthy fats
01:00 PM - 04:00 PM	<b>Window Open</b>	Light snack (nuts, fruit, or yogurt)
04:00 PM - 08:00 PM	<b>Final Meal</b>	Balanced dinner + complex carbs
08:00 PM - 12:00 AM	<i>Fasting</i>	Herbal tea or water only
12:00 AM - 08:00 AM	<i>Sleeping</i>	Restorative Sleep

## Daily Rules:

- Stay hydrated with electrolytes
- Listen to your body's hunger cues
- Maintain consistent window times

## Weekly Tracking:

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